

Relation Glasser's basic needs with hypertension in middle age: the mediating role of humor

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Received: 12 Feb 2018; Accepted: 3 May 2018

*Abstract

Background: Blood pressure disease is one of the most important risk factors for cardiovascular diseases.

Objective: The purpose of this research was to investigate the relationship between Glasser's basic needs with hypertension in the middle aged peoples by mediating variable of humor.

Methods: In the present study, descriptive-correlational research design was used. The sample consisted of 204 middle aged people who referred to Bu-Ali Sina Hospital in Qazvin (92 males, and 112 females). Purposive sampling method was utilized for collecting the data. The instruments of the present study included Sahebi adjustment scale, sense of humor questionnaire and the blood pressure information questionnaire. Data was analyzed using structural equation modeling method.

Findings: The results showed that the proposed model had an acceptable fitness. In the relationship between basic needs with blood pressure and the role of mediator of humor, the direct relationship between blood pressure and the need for belonging, fun, survival, power and freedom was significant (95% confidence interval). Indirect relationship between blood pressure and the need for belonging, fun, survival and power was significant. Also, the direct relationship between humor and blood pressure was confirmed ($\beta = -0.55$). Finally, in this model, the direct relationship between the need for belonging, survival, power and freedom with humor was confirmed (95% confidence interval).

Conclusion: It can be concluded that there is a meaningful relationship between humor and blood pressure. Glasser's basic needs and, consequently the humor and their uses in dealing with stresses can reduce the blood pressure in middle aged persons.

Keywords: Glasser's basic needs, Hypertension, Humor

Citation: Kazemi Sh, Kakavand AR, Jalali MR, Javadi HR. Relation Glasser's basic needs with hypertension in middle age: the mediating role of humor. J Qazvin Univ Med Sci 2018; 22(2): 63-73.